

Metcalfe County

2023 NEP REPORT

Our Focus

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

Our Challenge

Poverty

According to U.S. Census estimates for 2022, the median household income in Kentucky is **\$59,341**, 21% lower than the U.S. median household income of **\$74,755**.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	KY	U.S.
Total Poverty¹	16.3%	12.6%
Child Poverty¹	20.6%	16.3%
Food Insecurity²	14.0%	10.2%

In 2022, an estimated **24.3%** of Metcalfe County residents overall lived in poverty, and an estimated **33.3%** of children under age 18 lived in poverty.¹

Obesity and physical inactivity

Today, 6 in 10 Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.³ These diseases are all associated with obesity and physical inactivity. The most recent data show that the percentage of adults who have obesity in Kentucky is 37%,



ranking it in the top 10 states for high obesity rates in the country.⁴ The percentage of physically inactive Kentuckians is 29%, ranking it in the top eight most physically inactive states in the nation.⁴ A large amount of data shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.³

The County Health Rankings and Roadmaps Kentucky report shows that **41%** of Metcalfe County’s adult population have obesity and **35%** were physically inactive.⁴

Our Solution

Provide hands-on nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods,
- Developing new meal planning and cooking skills,
- Adopting new healthy lifestyle behaviors, and
- Managing SNAP resources.

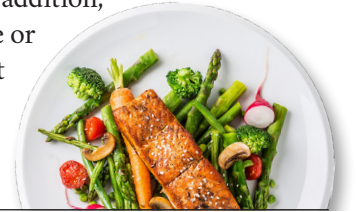
In 2023, **8,385** contacts were made with Metcalfe County residents who participated in nutrition education programming.

Our Results

IN METCALFE COUNTY

Lifestyle improvements

In 2023, **100%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **63%** showed improvement in one or more food resource management practices and **63%** made changes to be more physically active.



Our Success

Families learn farming, fitness, nutrition, and books

Metcalfe County Extension staff and Metcalfe County Family Resource teamed up for Metcalfe County Literacy, Farming, and Family Night. Youths and families were able to learn how to grow healthy foods, how to be more active, and read along the way. An Ag Mini Grant allowed for a reading garden at Metcalfe County Elementary School. The Extension staff made it possible for all youths to plant bean seeds in a cup to take home. The students could care for the growing plants. Then they could taste the harvest. A total of 465 attended: 174 parents, 222 students, 57 staff, and 12 volunteers. Students and parents enjoyed the night and commented that they loved how we put reading with farming. Surveys showed that 98% learned something about farming, fitness, and nutrition. Also, 82% of respondents said they will grow a garden this year, even if it is a small one. Parents have sent pictures of youths and their plants. One parent added, "This is a great way for my child to grow the plant and taste the beans that grow from it." This parent said her child asked if they can grow a garden next year.



**University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension**

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion
4. County Health Rankings and Roadmaps

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